YORK®
FITNESS

Owner's Manual

Active 125 Treadmill

Item #51115

May 21, 2013

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Congratulations on purchasing your exercise equipment from

YORK® FITNESS

You have chosen a high quality, safe and innovative piece of equipment as your training partner and we are certain it will keep you motivated on the way to achieving your personal fitness goals.

Please take the time to read this owner's manual as it will help you to get the most out of your new exercise equipment.

For more information visit www.yorkfitness.com

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Protect the environment by not disposing of this product or batteries with household waste. Check your local authority for recycling advice and facilities.

Safety information

Please read this instruction manual before you begin assembly. Great care has been taken to design these instructions and following them will help you with quicker assembly and minimize the risk of injury.

It is important that you keep these instructions for future reference.

This list is not exhaustive - You are responsible for your own safety!

- Always assemble and operate the product on a level surface.
- Always use the product on a level surface, ensure that the product is stable before use.
- Always allow a clear space measuring 1 metre wide by 2 metres long directly behind the treadmill.
- This product is provided with a safety key. The treadmill will not operate without the safety key inserted.
- A safety key is fitted in case of need for an emergency stop.
- The safety key should be attached to the user via the cord and clip. If for any reason the user falls the cord will pull the safety key from the treadmill and the treadmill will begin to decelerate.
- In an emergency take hold of the handrails and place your feet on the side platforms provided, once you are stable pull out the safety key, the treadmill will begin to decelerate until it stops.
- The safety level of this equipment can only be maintained only if it is regularly examined for wear and tear.
- Replace defective components immediately, and/or keep the equipment out of use until it is repaired.
- Use only the adjustment settings as described in the instructions. Always use the correct adjustment pin/fixing.
- Always check that any pins / fixings are tight and secure before use and / or after adjustment.
- Never leave any adjustment devices projecting from the product.
- Always consult your doctor before undertaking any exercise program.
- Always wear suitable clothing and footwear e.g. tracksuit / shorts / training shoes.
- Remove all personal jewelry before exercising.
- Ensure you warm-up well before using the equipment as this will help to prevent muscle strain.
- After eating, allow 1-2 hours before exercising as this will help to prevent muscle strain.
- Never use the equipment in any other manner other than the ways explained in these instructions and/or any wall-chart supplied.
- Injuries to health may result from incorrect or excessive training.
- Parents and others in charge of children should be aware of their responsibility, because the natural play instinct and the fondness of experimenting of children can lead to situations and behavior for which the training equipment is not intended.
- If children are allowed to use the equipment, their mental and physical development and above all their temperament should be taken into account. They should be controlled and instructed in the correct use of the equipment.
- The equipment is under no circumstances suitable as a children's toy.
- Children should not be allowed on, or around the equipment - especially when it is not in use.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- This product has been tested for use in a home environment and is warranted for In Home, personal, family or household use.
- Due to our continuous policy of product development, York Fitness reserves the right to change specifications without notice.

CAUTION! The instructions must be followed carefully in the assembly, use and maintenance of your equipment. The warranty does not cover damage due to negligence of the assembly, adjustment and maintenance instructions described herein.

Maximum user weight: 110kg

Safety Standards

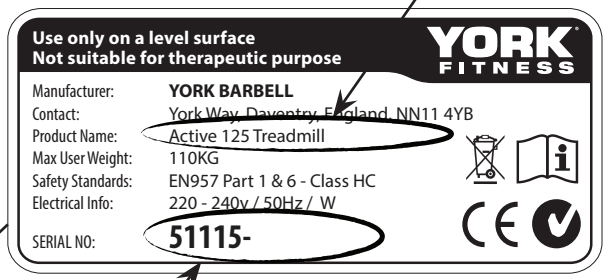
This equipment meets the requirements of the EU's EMC and Low Voltage directives (where applicable), EN957 1 & 6 - CLASS HC. Therefore the equipment carries the following marks:

Customer support

Should you require any assistance regarding this product please gather the following information and then contact us using the details below:

- Serial No. - This can be found on the sticker below, located as indicated.
- Original purchase date
- Place of purchase
- Information about the place and conditions of use
- Precise description of the issue / defect

Product's Name


Use only on a level surface
Not suitable for therapeutic purpose
YORK FITNESS
Manufacturer: YORK BARBELL
Contact: York Way, Daventry, England, NN11 4YB
Product Name: Active 125 Treadmill
Max User Weight: 110KG
Safety Standards: EN957 Part 1 & 6 - Class HC
Electrical Info: 220 - 240v / 50Hz / W
SERIAL NO: 51115-

Serial Number

This product label is an example only, it is not the real product name and serial number of the item you have bought.

IMPORTANT!! - Please retain your sales receipt, York Fitness Customer Care may request proof of purchase to validate eligibility for warranty service. Warranty cover starts from the date shown on the proof of purchase.

ENGLAND

The best way to contact us is via the website:
www.yorkfitness.com

York Barbell UK Ltd.
York Way, Daventry,
England, NN11 4YB

Tel: 0844 225 3112

AUSTRALIA

The best way to contact us is via the website:
www.yorkfitness.com.au

York Fitness Australia
1/2 Swaffham Rd, Minto,
PO Box 5130, NSW 2566

Tel: 1800 730 149

Assembly instructions

Care & Maintenance

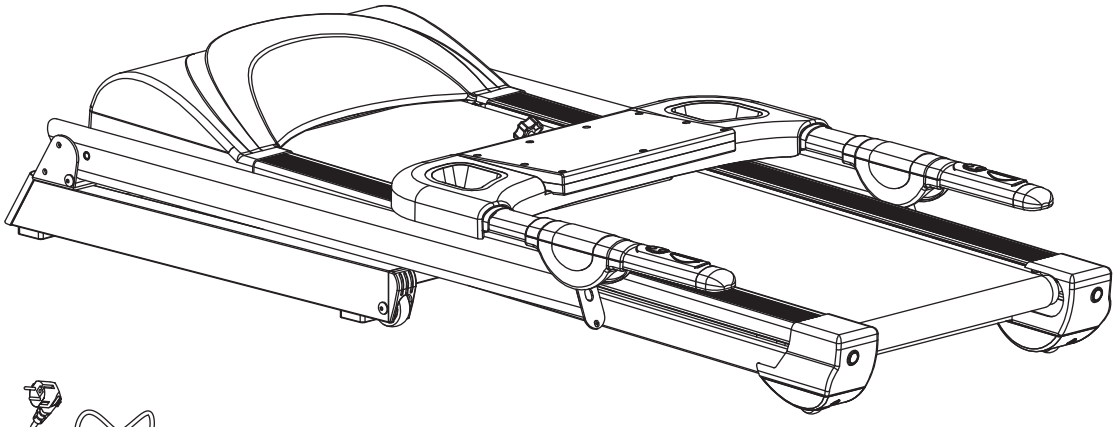
- This equipment should not be placed outdoors, in a garage or an outbuilding. Keep the equipment in a dry place with as little temperature variation as possible.
- We recommend placing a mat beneath the equipment to protect both the equipment and your flooring.
- Always place the equipment in a dry environment.
- Use a warm, damp cloth to keep the product clean.
- No wet cleaning of electrical components. Unplug before any care and maintenance.
- The safety level of the equipment can be maintained only if it is regularly examined for damage and wear. This includes any ropes, pulleys, nuts, bolts, moving parts, bushes, chains, wheels, bearings & connection points etc.
- Ensure that you inspect the product regularly - at least once a week is recommended.
- Ensure that all fixings are tight before use.
- Always replace damaged / worn components with original parts from the manufacturer.

Prepare your work area - It is important you assemble the product in a clean and uncluttered space.

Work with a friend - We recommend you have someone assist you with the assembly as some of the components are quite heavy.

Unpack the carton - Remove all the parts and lay them out on the floor.

Make sure you have the following parts:



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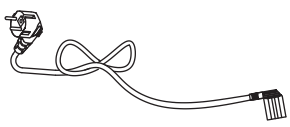

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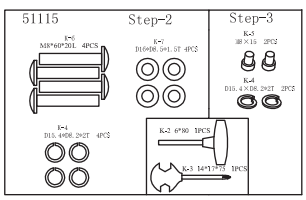


x1

x1

x1

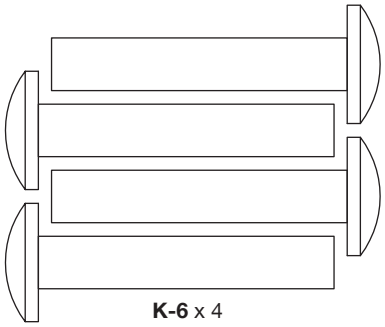
owner's manual

x1

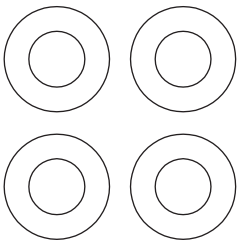
Assembly instructions

BLISTER PACK

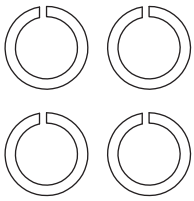
STEP - 2



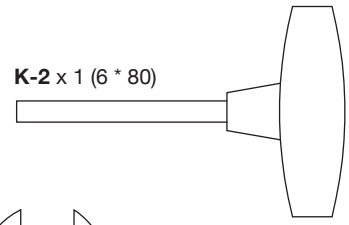
K-6 x 4
M8 x 55 x 20L



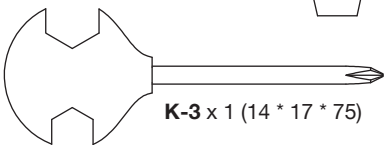
K-7 x 4
D16 x D8.5 x 1.5T



K-4 x 4
D15.4 x D8.2 x 2T

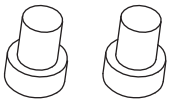


K-2 x 1 (6 * 80)



K-3 x 1 (14 * 17 * 75)

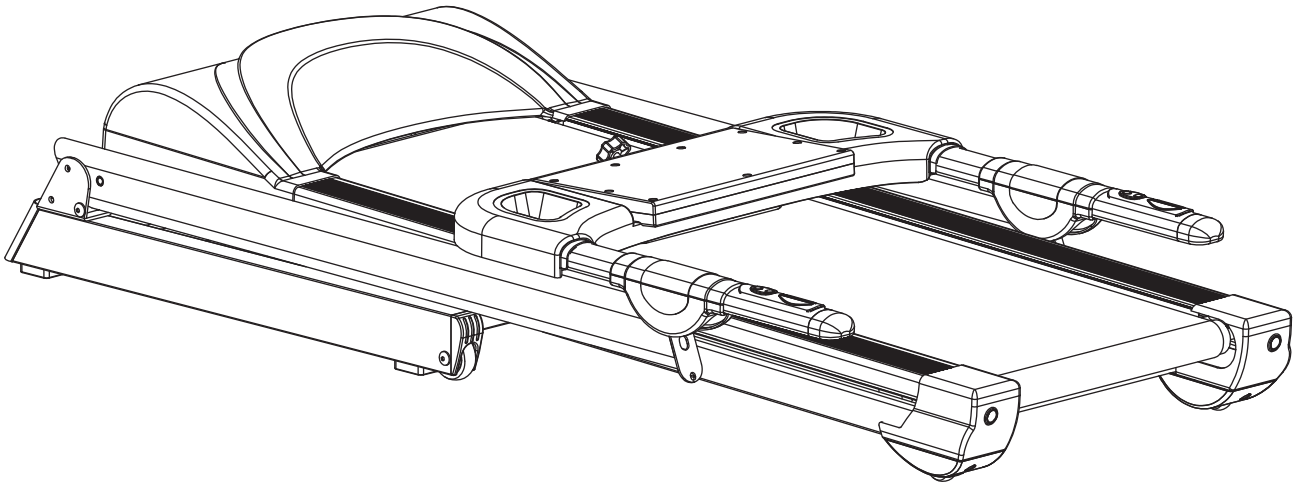
STEP - 3



K-5 x 2
M8 x 15

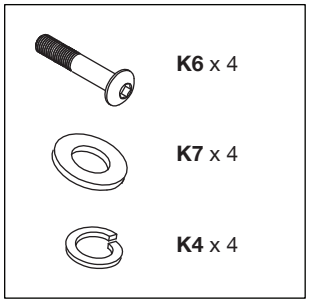
K-4 x 2
D15.4 x D8.2 x 2T

1



YORK FITNESS

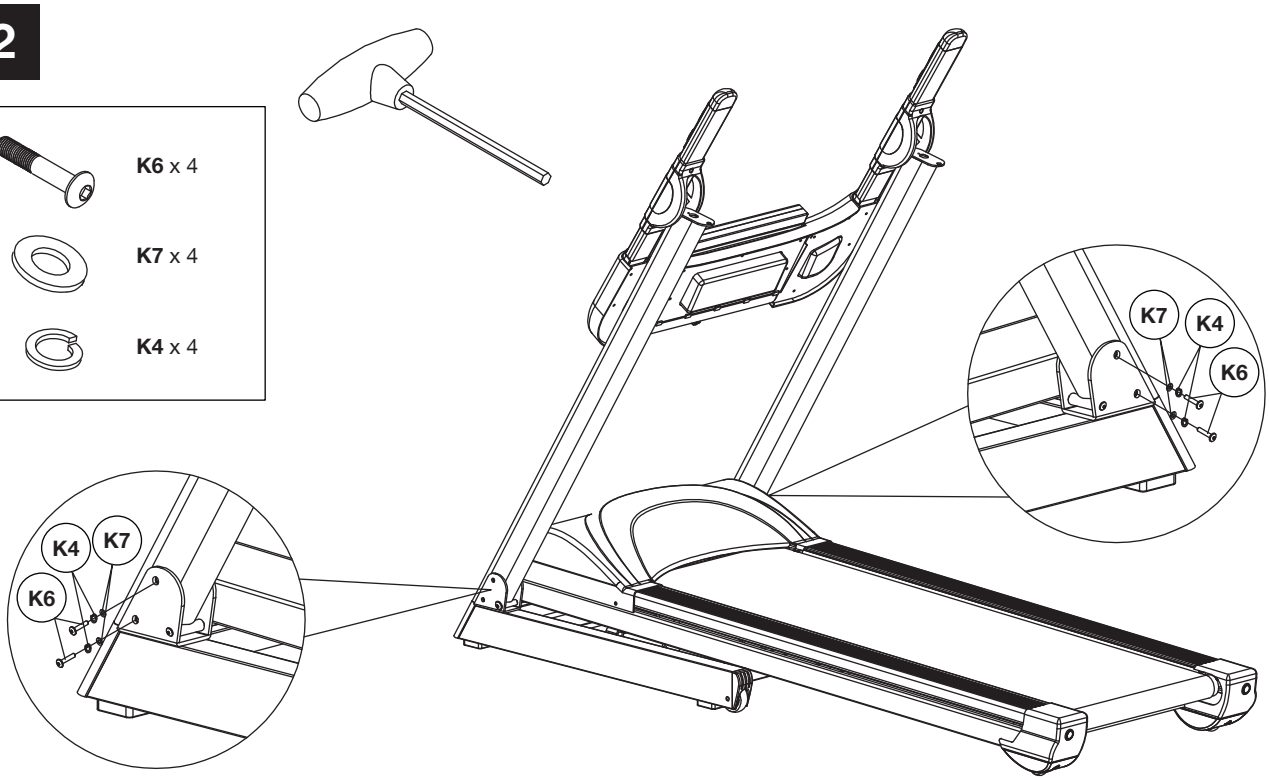
2



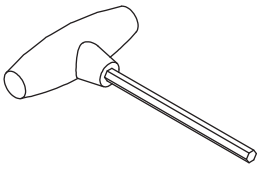
K6 x 4

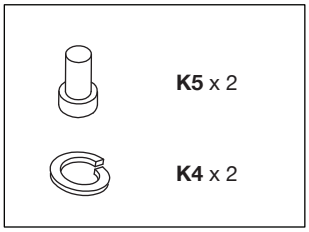
K7 x 4

K4 x 4



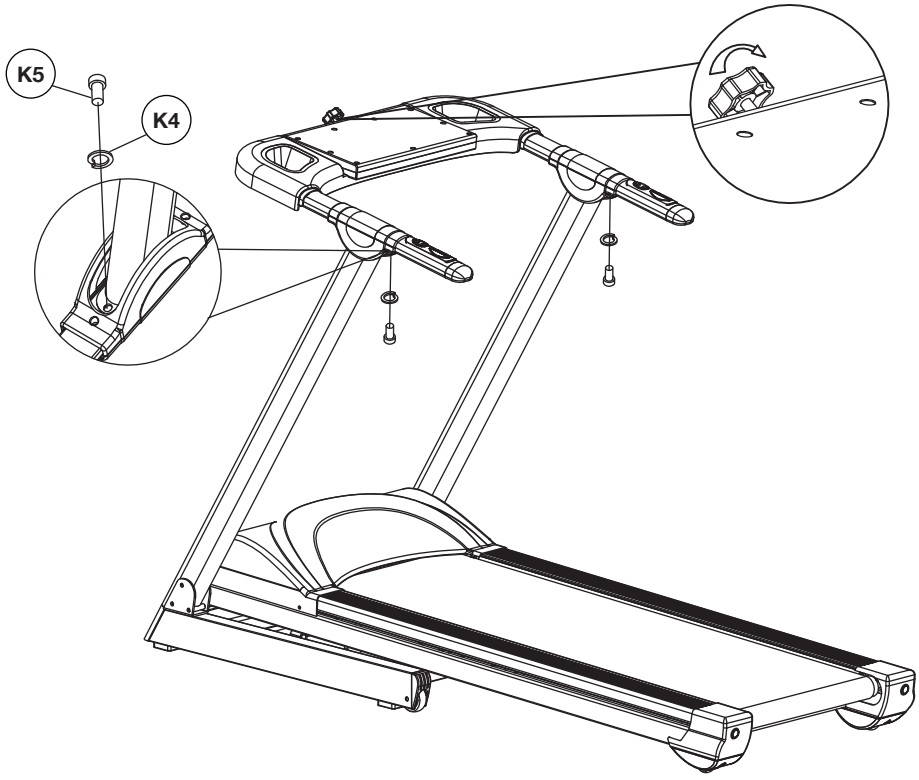
3





K5 x 2

K4 x 2

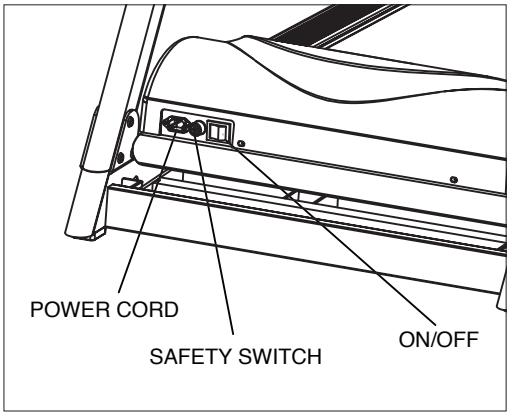


Assembly instructions

Final Check

Your treadmill is now assembled. Please make the following final checks:

- Make sure all screws / bolts are tightened.
- Make sure the equipment is on a flat, level surface.



Power Up

- Plug one end of power cable into the treadmill as shown.
- Plug the other end into a suitable AC outlet (220/240V, 50/60Hz).
- Switch the treadmill on using the on/off switch.
- Attach the safety key to the console.

NOTE: Before you run on the treadmill for the first time, allow the treadmill to run independently for 10 minutes. Check the running mat is tightened correctly and runs smoothly. If you think the mat needs adjusting please see “Care & Maintenance” section for more details.

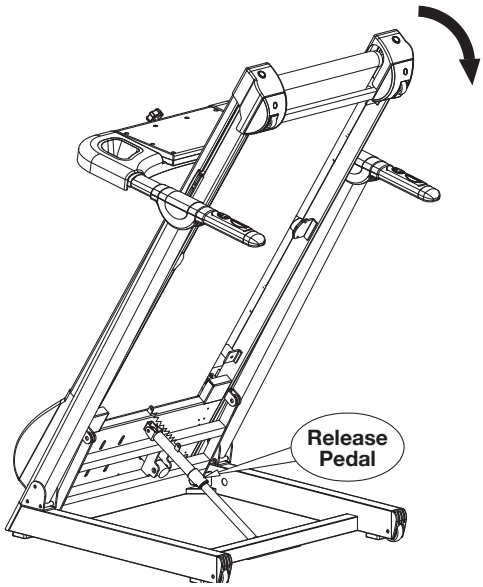
Fold up

Simply lift the running deck to fold. Make sure you hear the sound of the deck locking into position - this ensures the deck is locked in place and will not fall back down.

Fold down

1. Whilst taking the weight of the deck with your hands, step on the release pedal.
2. Still holding onto the deck, guide it slowly down to the floor.

NOTE: Make sure nothing is obstructing the deck as you lower it.



Moving the treadmill

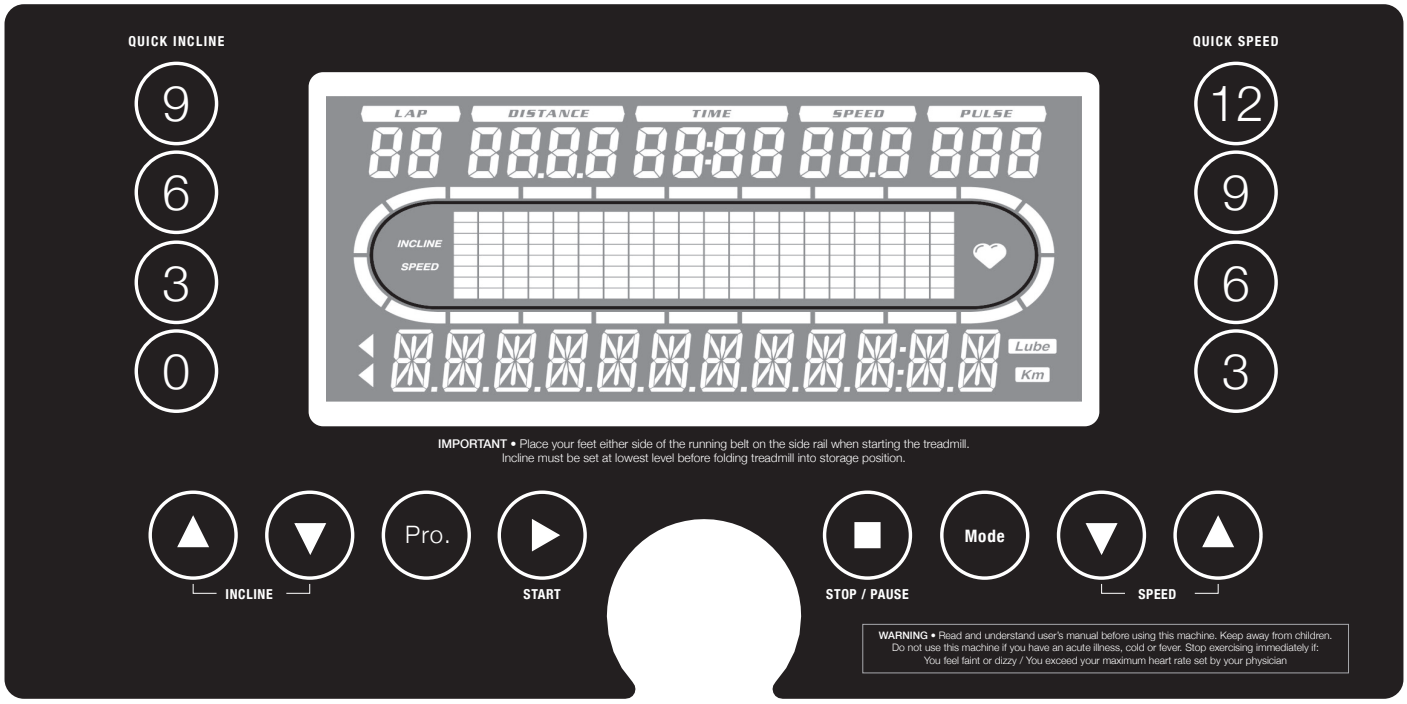
This treadmill features 2 non marking wheels to help manoeuvrability:

1. Fold up the deck as explained above.
2. Stand in front of the treadmill, square on.
3. Put one hand on each of the handrails and tilt the treadmill towards you.
4. Use the handrails to push the treadmill to desired location.

NOTE: Before moving the treadmill, ensure the power cable is unplugged from the wall and the treadmill.

Operational instructions

Console



Display Function:

ITEM	DESCRIPTION
TIME	• Workout time displayed or time countdown in goal mode or program. • Setting range 0:00 ~ 99:00(MINUTES)
DISTANCE	• Workout distance displayed or distance countdown in goal mode. • Setting range 0.0 ~ 99.9(KM)
CAL	• Burned calories during workout display or calories countdown in goal mode. • Setting range 10 ~ 9990(CAL)
SPEED	• Workout speed displayed during exercise. • Setting range 1.0~16.0 (KPH)
INCLINE	• Incline displayed during exercise. • Setting range:0~12
PULSE	• Pulse bpm displayed during exercise. • Heart signal twinkle. • Display range:0~220 (BPM) • No pulse bpm displayed “P”
LAP	• Laps displayed during exercise. (One lap: 400 meters.) • Display range:0~99

Operational instructions

Key Function:

FUNCTION	DESCRIPTION
START	• Start the treadmill.
STOP/PAUSE	• Pause or Stop the treadmill. • Press and hold “STOP/PAUSE” key for 2 seconds to back to idle mode. • When the parameter is set, this key to return to the previous option set
PRO.	• Press PRO. key to select program • Switching speed profile and incline profile during exercise
MODE	• Confirm setting or selection. • Switching the data during exercise
SPEED UP/DOWN	• During program setup, press Speed “UP/DOWN” key to adjust the following: • TIME / DISTANCE / CAL / SPEED PROFILE / AGE / WEIGHT / GENDER. • After program started, press Speed “UP/DOWN” key to adjust the speed. • Speed increment = 0.1KPH
INCLINE UP/DOWN	• During program setup, press Incline “UP/DOWN” key to adjust the following: • TIME / DISTANCE / CAL / INCLINE PROFILE / AGE / WEIGHT / GENDER. • After program started, press Incline “UP/DOWN” key to adjust the Incline. • Incline increment = 1
QUICK SPEED KEY	• Go directly to choose by press quick SPEED key 3, 6, 9,12
QUICK INCLINE KEY	• Go directly to choose by press quick INCLINE key 0, 3, 6, 9

Power On

Make sure the treadmill is plugged in and switched on and the safety key is in position, after displaying all segments for 2 seconds, LCD will show software version, total workout time and total workout distance. Then press UP/DOWN key to set Gender>Age>Weight when the user power on the monitor for the first time.

Idle Mode

Dot Matrix window cyclically to display program profile. The text of the flow display “SELECT PROGRAM OR QUICK START”. When pause and stop the machine, after 5 minutes of inactivity into to idle mode.

General Saving Mode

1. The LCD monitor will into General Saving mode after 5 minutes of inactivity.
2. Press on any key to wake the monitor.

Running Belt Lubrication Reminder

1. Achieve maintenance mileage, LCD will show“LUBRICATE DECK”, press STOP/PAUSE key to by pass then entry idle mode.
2. Reboot three times to clear the maintenance tips.

Safety Key

1. Remove the “Safety Key” to stop the treadmill immediately if you feel any discomfort or in the event of any emergency.
2. Pull out the safety key at any time to stop the treadmill and ‘PLEASE INSTALL SAFETY KEY’ displays on the screen. If you try to operate the treadmill without the safety key, the console will beep. When you re-attach the safety key, after a few seconds the display will go back to idle mode.

Quick Start

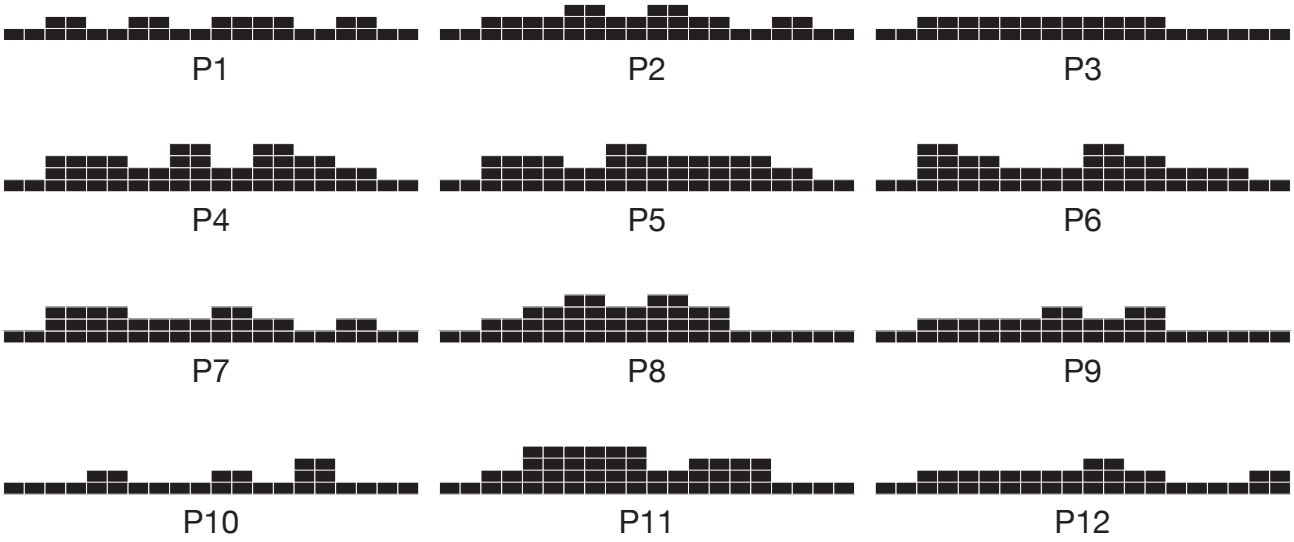
1. Press START key to begin workout.
2. Press SPEED UP/DOWN key to adjust speed profile, and press INCLINE UP/DOWN key to adjust incline profile.
3. Press STOP/PAUSE key to pause workout. And again press the STOP/PAUSE key to stop the machine.

Goal Mode

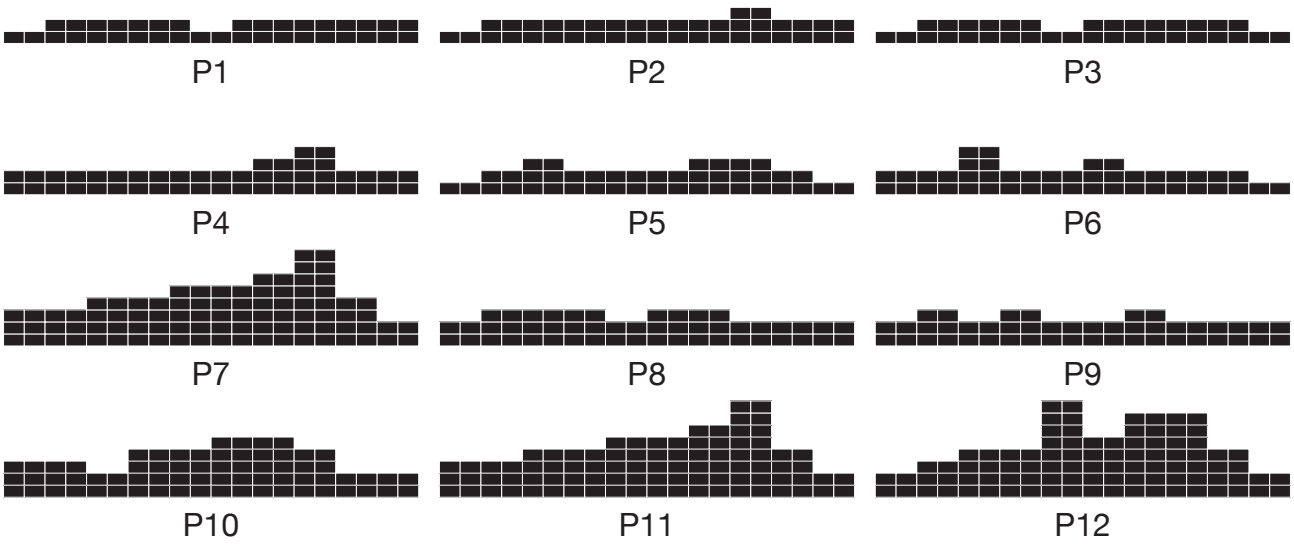
1. Press PRO. key to select Goal mode and press MODE key to confirm.
2. Press UP/DOWN key to set TIME > DISTANCE > CAL. press the START key After setting (The last setting items for the effective setting).
3. Press START key to accept current default values and begin workout.
   - Default TIME = 20 minutes
   - Default SPEED = 1.0 KPH
   - Default INCLINE = 0
   - Default PROFILE = Speed Profile
4. Press START key to start workout.
5. Press SPEED UP / DOWN key to adjust speed profile, and press INCLINE UP / DOWN key to adjust incline profile.
6. Press STOP/PAUSE key to pause workout. And again press the STOP/PAUSE key to stop the machine.

Operational instructions

Speed Profile



Incline Profile



Program Mode

1. Press PRO. key to select preset program(P 1~P 12) and press MODE key to confirm.
2. Press Speed UP / DOWN key to set Time. And press MODE key to confirm.
3. Press START key to accept current default values and begin workout.
   - Default TIME = 20 minutes
   - Default SPEED = Speed Profile
   - Default INCLINE = Incline Profile
4. Press START key to start workout.
5. Press SPEED UP / DOWN key to adjust speed profile, and press INCLINE UP / DOWN key to adjust incline profile.
6. Press STOP/PAUSE key to pause workout. And again press the STOP/PAUSE key to stop the machine.

User Mode

1. Press PRO. key to select User (U 1~U 3), and press MODE key to enter.
2. Press UP / DOWN key to set Gender>Age>Weight>Time. And press MODE key to confirm each setting.
3. Press SPEED UP / DOWN key to set speed for the first column and press MODE key to select the next column. Repeat this step for all 20 columns. (Press and hold on the MODE key to finish or quit the setup)
4. Press INCLINE UP / DOWN key to set incline for the first column and press MODE key to select the next column. Repeat this step for all 20 columns.(Press and hold on the MODE key to finish or quit the setup)
5. Press START key to start workout.
6. Press SPEED UP / DOWN key to adjust speed profile, and press INCLINE UP / DOWN key to adjust incline profile.
7. Press STOP/PAUSE key to pause workout. And again press the STOP/PAUSE key to stop the machine.

Placement in your Home

This treadmill should not be placed outdoors, in a garage or an outbuilding. Keep the treadmill in a dry place with as little temperature variation as possible. We recommend placing a mat beneath the treadmill, to protect both the treadmill and your flooring.

Run In

Before you run on the treadmill for the first time use the Quick Start instructions and allow the treadmill to run independently for 10 minutes at medium speed. (Your mat and motor have been still for some time - noise will reduce with use as the belt becomes more flexible.)

Check the running mat is tightened correctly and runs smoothly. If you think the mat needs adjusting please see Adjusting Running Mat Tension / Alignment for more details.

Troubleshooting

If you have a problem with your treadmill, before you do anything else please check that all the cables have been connected correctly. Loose cables are very common and many problems can be solved by making sure the cables are properly connected.

The following table details the most common problems and how to fix them. If you still have a problem after going through the troubleshooting guide please call your local YORK distributor for advice.

PROBLEM	CAUSE	CORRECTION
TREADMILL WILL NOT START	Not plugged in.	Plug into suitable outlet.
	Safety key not attached correctly.	Insert safety key.
	Treadmill circuit breaker tripped.	Reset circuit breaker.
	On/Off switch not turned on.	On/Off switch turn on.
	Auto shut down time out.	Unplug and re-plug electrical cord.
TREADMILL BELT SLIPPING	Walking belt too loose.	Tighten walking belt.
	Deck needs lubrication.	Lubricate belt and deck.
TREADMILL NOISY	Loose hardware.	Tighten all visible screws, nut, and bolts.
	Motor straining.	Check mat tension - 3 finger test.
	Clicking sound - roller knocking.	Adjust rear rollers - check the tension.
INACCURATE PULSE RATE	Too much hand movement.	Stand on side rails to get accurate pulse reading.
	Palms too wet.	Dry palms.
	Gripping hand grips too tight.	Grip using moderate pressure.
	Wearing rings.	Remove all rings.

Console Troubleshooting Guide

The console will display information regarding operational faults with the treadmill. If your treadmill behaves in an unusual way and seems to have developed a fault, turn it off at the electrical outlet and then back on again. This should clear the treadmill of incidental error and prepare it for normal operation. If there is still a problem call your local York distributor for advice. Please find below some specific error messages you may see on the display:

ERROR CODE	PROGRAM DESCRIPTION
E1	Communication fail between console and controller. Check all wires connected console to controller and make sure it's well connected.
E2	No speed signal detected. Speed sensor damaged or not connected well
E3	• Check the treadmill and make sure it's not blocked; • Check the power and use correct voltage
E5	Incline Actuator was commanded to move, but failed to. Indicative of an actuator, controller, or wiring problem. Or incline Actuator outside of limits. This error code is displayed if the console finds that the incline system has gone beyond its limits.
E6	Motor was commanded to move, but failed to. Indicative of a motor, controller, or wiring problem
E7	Console EEProm error message (MCU error)
E8	Controller EEProm error message (MCU error)

In all cases turn the treadmill off at the electrical outlet and then back on again. If this does not work, call your local York distributor for advice. In the event of an electrical failure treadmill will automatically shut off. To restart:

1. Unplug the power cable from the treadmill
2. Push in the safety switch
3. Re-plug the power cable into the treadmill

Notes

Care & Maintenance

Lubrication

An insufficiently lubricated deck will cause the belt, running deck and motor to wear out much quicker. How often you should lubricate depends on usage, we recommend the following:

- Light use (less than 3 hours a week) - every 8 months
- Medium use (3 to 5 hours a week) - every 4 months
- Heavy user (more than 5 hours a week) - every 2 months

Keeping the deck lubricated is the most important activity you can carry out to prolong the life of your treadmill. If in doubt, apply a little lubricant.

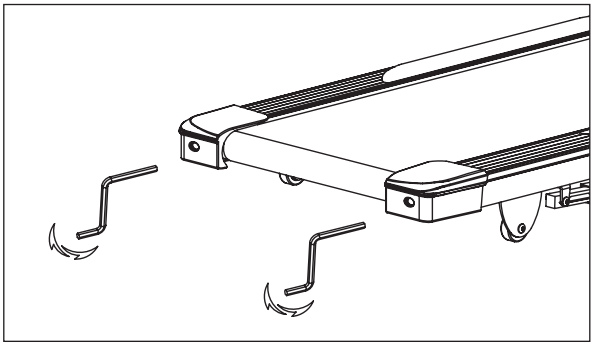
You can check for proper lubrication levels at any time by doing the following:

1. Disconnect the treadmill from the power supply.
2. Fold up the running deck, so the treadmill is in the storage position.
3. Put your hand underneath the mat and feel along the running deck, as close to the centre of the deck as you can:
   » If your hand gets a light coating of lubricant then no further lubrication is required.
   » If the surface feels dry and your hand feels clean, then apply more lubricant.

Your treadmill comes ready supplied with a bottle of lubrication oil - to use, apply a liberal amount to a lint free cloth and run cloth along the length of the running deck (underneath the mat). It's important to try and get the lubricant as close to centre of the deck as possible. Check the lubrication level as detailed above and re-apply with the cloth if necessary.

If you need more lubricant, we recommend you use the Lube-N-Walk Treadmill Lubrication Kit, it can be obtained from local York distributors - see the Contact Us details at the front of this manual or visit www.yorkfitness.com.

Adjusting Running Mat Tension



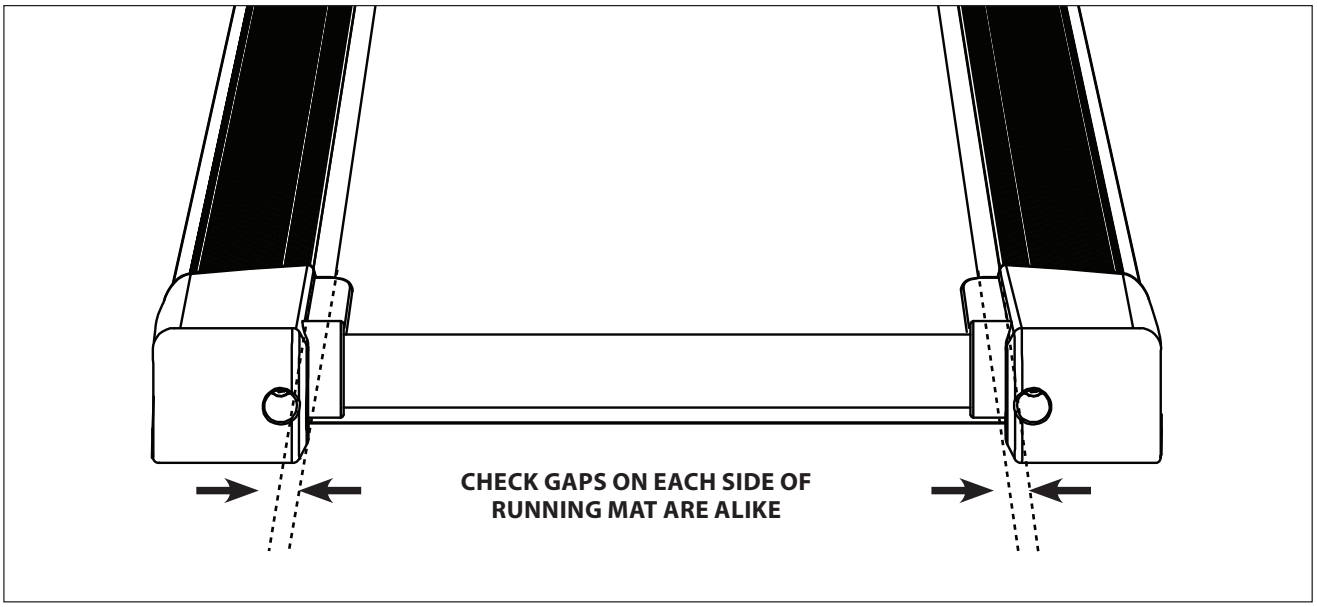
The tension of the mat has been pre-set at the factory; however, with use, the mat can stretch slightly and become loose. If the mat is too loose you will find it starts to slip during use. **Check Lubrication Before Adjusting the mat as symptoms can be similar.** To tighten the mat:

1. Set the treadmill to run at 3km/h
2. Locate the adjustment screws at the end of the treadmill.
3. Using the allen key provided, adjust both screws by 1/2 turn clockwise. If the mat is too tight, turn the screws anti-clockwise. **Do not overtighten the mat - only turn the screws 1/2 turn before re-checking the mat.**
4. Re-test the mat tension. If the mat still slips, repeat step 3

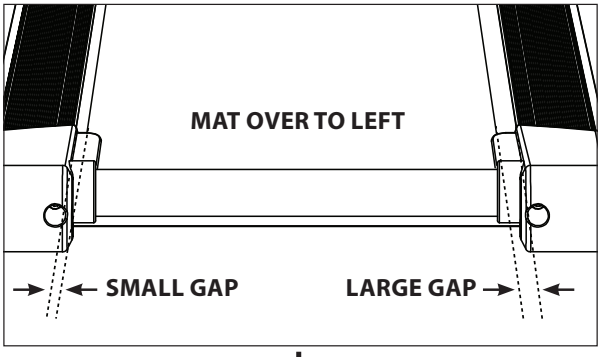
TIP: when correctly tensioned you should be able to lift the edge of the mat about 5 - 7 cm - please only check this when the power is turned off.

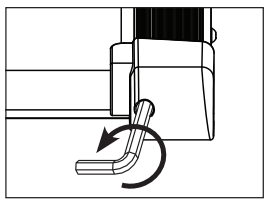
Adjusting Running Mat Alignment

The alignment of the mat has been pre-set at the factory, however, the mat can be caused to run out-of-line by a user's running style (eg, more weight on one foot), or if it is placed on an uneven surface - so it may need adjusting from time to time. If the mat is running out of alignment it will track towards either the left or right hand side of the running deck.

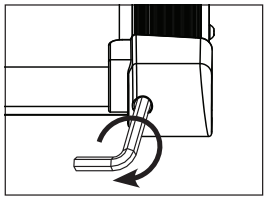


If gaps are not alike follow adjustments below:

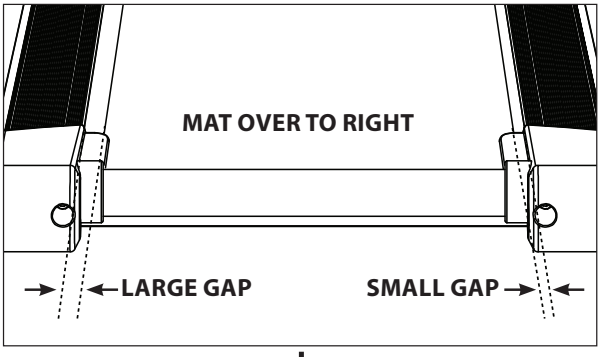


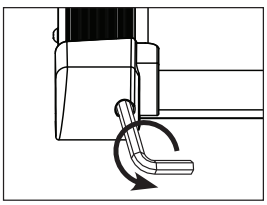


- Set treadmill running at 3km/h.
- Locate allen key into right adjustment bolt.
- Turn allen key 1 turn anticlockwise & let run.

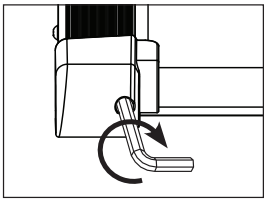


- When mat central turn allen key 1/2 turn clockwise to hold position.
- Monitor few minutes to ensure mat remains central.





- Set treadmill running at 3km/h.
- Locate allen key into left adjustment bolt.
- Turn allen key 1 turn anticlockwise & let run.



- When mat central turn allen key 1/2 turn clockwise to hold position.
- Monitor few minutes to ensure mat remains central.

Fitness guide

Starting Your Workout

Begin each workout with a Warm Up session - a few minutes of stretching to help prevent strains, pulls and cramps.

1. Get onto the treadmill, using the handrails for support, and place your feet on the side rails (either side of the running mat).
2. Activate the treadmill (using the details found in the Operation Instructions).
3. The treadmill will always start at the lowest speed, step onto the mat and walk at the same speed.
4. Continue the rest of your workout.

Finishing Your Workout

1. Turn the treadmill to the lowest speed and incline settings.
2. Using the handrails for support place your feet on the side rails (either side of the running mat).
3. Stop the treadmill.
4. Turn the treadmill off at the main power switch and remove the plug from the electrical outlet.
5. Remove the safety key.
6. If necessary, wipe the treadmill down with a damp cloth.

Correct Running Form

- Run in the centre of the running mat.
- Keep your head erect and look straight ahead.
- Shoulders should be square and level, don't round your shoulders or swing them forwards or backwards.
- Keep your torso erect with the chest up so there's plenty of room for the diaphragm to move for proper breathing actions.
- Do not lean forwards, backwards or slouch, as all of these posture deviations can place a lot of stress on the lower back, interfering with proper running mechanics and possibly causing lower back injury.
- Feet should be pointed straight ahead and land directly under the hips.

Suggested Stretches

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

2. Calf/Achilles Stretch

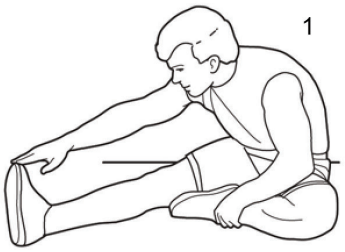
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

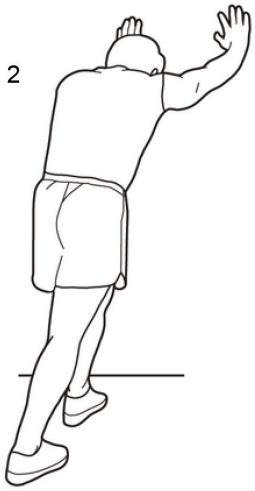
3. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

4. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.





How Long Should I Exercise For?

That really depends on your current level of fitness. If you're just starting out on a new exercise program, you should start gradually and build up - do not try to do too much too quickly. 30 minutes, 3 times a week should be enough.

Don't push yourself too hard - you should never feel exhausted during or following exercise.

Heart Rate Training

To get the most out of your new piece of fitness equipment and see the best results from your training you should exercise at the right level of effort, and that means listening to your heart! Working out to a target heart rate means you can direct your workout to achieve different goals:

Good health - For those wishing to improve quality of life and general well being. Your sessions will need to be done at an intensity of between 50 - 60% of your estimated maximum heart rate, should last about 30 minutes and can be done on most days of the week.

Weight loss - To see a significant reduction in body fat, your sessions must be a little more intense - between 60 and 70% of your estimated maximum heart rate. These sessions can also be performed on most days of the week for up to 30 minutes.

Improving fitness levels - These sessions should be performed at 70 - 80% of your estimated maximum heart rate and can also involve bouts of interval training that would have your heart rate peaking for short times near your maximum heart rate level. These are intense sessions and will require at least a 48 hour rest between sessions.

Calculating Your Target Heart Rate

First, you need to find your estimated maximum heart rate using the formula "220 minus your age in years". So, if you are 35 years old your estimated maximum heart rate is:

220 - 35 = 185 beats per minute (bpm)

Next, to calculate your target heart rate, simply multiply your estimated maximum heart rate (185bpm) by the applicable percentage. So, if your goal is better health:

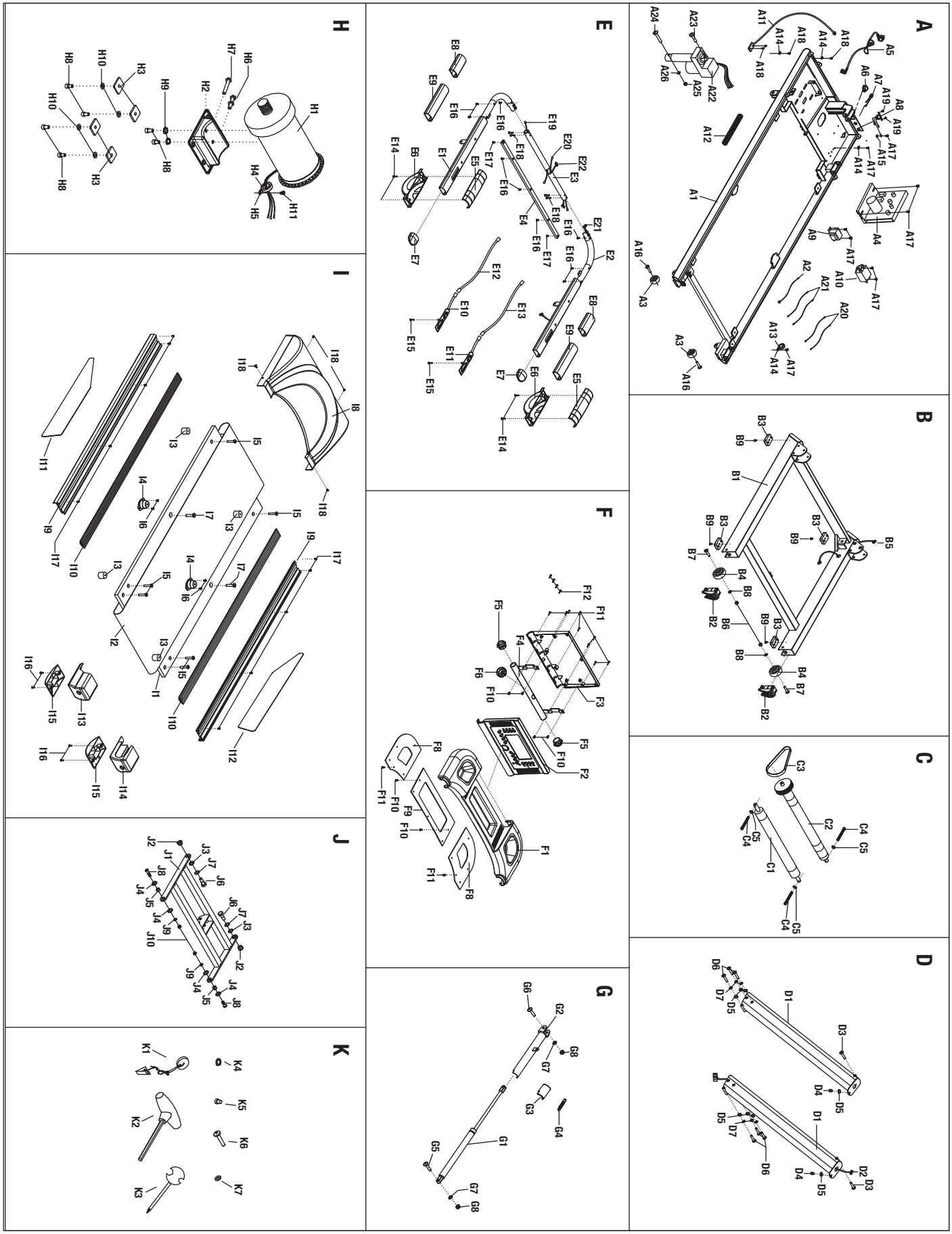
185 x 60% = 111bpm

NOTE: The important issue to remember with all estimated calculations is that they are just estimates - if you don't feel comfortable exercising at your target then reduce it to a level you are comfortable with.

Heart rate training requires you to monitor your heart rate throughout the workout. For this we recommend using a chest strap (if your machine has a wireless receiver) or a heart rate monitor. For more information please get in touch using the Contact Us details.

ALWAYS CONSULT YOUR DOCTOR BEFORE UNDERTAKING A NEW EXERCISE REGIME. IF YOU EXPERIENCE NAUSEA, DIZZINESS OR OTHER ABNORMAL SYMPTOMS DURING EXERCISE, STOP AT ONCE AND CONSULT YOUR DOCTOR.

Exploded drawing



YORK REF.	FAC. REF.	DESCRIPTION	QTY.
51115A00	A	MAIN FRAME SET	1
51115A01	A1	MAIN FRAME	1
51115A02	A2	GROUND WIRE	1
51115A03	A3	WHEEL Φ62×Φ8.0×T22	2
51115A04	A4	CONTROLLER	1
51115A05	A5	POWER CORD	1
51115A06	A6	SWITCH	1
51115A07	A7	FUSE(WITH WIRE)	1
51115A08	A8	PLUG HOLDER	1
51115A09	A9	CHOKE	1
51115A10	A10	FILTER	1
51115A11	A11	SPEED SENSOR	1
51115A12	A12	CABLE PROTECTOR	1
51115A13	A13	MAGNETIC RING	1
51115A14	A14	CABLE CLAMP	1
51115A15	A15	EXTERNAL TEETH LOCKING WASHER Φ5	1
51115A16	A16	ALLEN C.K.S FULL THREAD SCREW M8×35	2
51115A17	A17	PHILIPS C.K.S FULL THREAD SCREW M4×10	9
51115A18	A18	PHILIPS C.K.S SELF-TAPPING SCREW ST4×16	4
51115A19	A19	PHILIPS COUNTERSUNK HEAD SELF-TAPPING SCREW ST3×10	2
51115A20	A20	POWER CORD(RED)	2
51115A21	A21	POWER CORD(BLACK)	2
51115A22	A22	INCLINE MOTOR	1
51115A23	A23	ALLEN C.K.S FULL THREAD SCREW M10*35*20	1
51115A24	A24	ALLEN C.K.S FULL THREAD SCREW M10*65*20	1
51115A25	A25	HEX SELF-LOCKING SCREW M10	1
51115A26	A26	FLAT WASHER Φ10	1
51115B00	B	BASE FRAME SET	1
51115B01	B1	BASE FRAME	1
51115B02	B2	ARC SHAPE END CAP	2
51115B03	B3	SQUARE FEET PAD	4
51115B04	B4	WHEEL Φ62×Φ8.0×T22	2
51115B05	B5	CABLE L=750	1
51115B06	B6	HEX SELF-LOCKING SCREW M8	2
51115B07	B7	ALLEN C.K.S HALF THREAD SCREW M8×50×20	2
51115B08	B8	FLAT WASHER Φ8	2
51115B09	B9	PHILIPS C.K.S SELF-TAPPING SCREW ST4×16	4
51115C00	C	FRONT & REAR ROLLER SET	1
51115C01	C1	REAR ROLLER	1
51115C02	C2	FRONT ROLLER	1
51115C03	C3	MOTOR BELT	1
51115C04	C4	ALLEN SOCKET FULL THREAD SCREW M8×75	3
51115C05	C5	FLAT WASHER Φ8	3
51115D00	D	UPRIGHT POST SET	1
51115D01	D1	UPRIGHT POST	2
51115D02	D2	UPRIGHT POST WIRE	1
51115D03	D3	ALLEN C.K.S HALF THREAD SCREW M8×45×20	2
51115D04	D4	ALLEN SOCKET FULL THREAD SCREW M8×15	2
51115D05	D5	SPRING WASHER Φ8	8
51115D06	D6	ALLEN C.K.S HALF THREAD SCREW M8×60×20	6
51115D07	D7	FLAT WASHER Φ8	6
51115E00	E	COMPUTER FRAME SET	1
51115E01	E1	LEFT HANDLE BAR WELDMENT	1
51115E02	E2	RIGHT HANDLE BAR WELDMENT	1
51115E03	E3	TURNNING SHAFT TUBE	1
51115E04	E4	CROSS BAR	1
51115E05	E5	HANDLE BAR COVER(UP)	2
51115E06	E6	HANDLE BAR COVER(DOWN)	2
51115E07	E7	D SHAPE END CAP	2
51115E08	E8	FOAM GRIP	1
51115E09	E9	FOAM GRIP	4
51115E10	E10	INCLINE HANDLE PULSE COMPONENT	2
51115E11	E11	SPEED HANDLE PULSE COMPONENT	2
51115E12	E12	INCLINE HANDLE PULSE WIRE	1
51115E13	E13	SPEED HANDLE PULSE WIRE	1
51115E14	E14	PHILIPS PAN HEAD SELF-TAPPING SCREW ST4*15	4
51115E15	E15	PHILIPS COUNTERSUNK HEAD SELF-TAPPING SCREW ST4*15	2
51115E16	E16	PHILIPS C.K.S SELF-TAPPING SCREW ST4*16	9
51115E17	E17	PHILIPS PAN HEAD FULL THREAD SCREW M6*10	2
51115E18	E18	PHILIPS C.K.S HALF THREAD SCREW M6*30*15	4
51115E19	E19	INCLINE HANDLE PULSE WIRE 1	1
51115E20	E20	SPEED HANDLE PULSE WIRE 1	1
51115E21	E21	COMPUTER WIRE L=750	1

YORK REF.	FAC. REF.	DESCRIPTION	QTY.
51115E22	E22	COMPUTER WIRE L=400	1
51115F00	F	CONSOLE SET	1
51115F01	F1	SUNDRIES BOX	1
51115F02	F2	CONSOLE HOUSING(UP)	1
51115F03	F3	CONSOLE HOUSING(DOWN)	1
51115F04	F4	COMPUTER FRAME	1
51115F05	F5	HOLLOW END CAP	2
51115F06	F6	KNOB	1
51115F08	F8	SIDE BOTTOM COVER OF CONSOLE	2
51115F09	F9	MIDDLE BOTTOM COVER OF CONSOLE	1
51115F10	F10	PHILIPS C.K.S SELF-TAPPING SCREW ST4*10	4
51115F11	F11	PHILIPS C.K.S SELF-TAPPING SCREW ST4*16	19
51115F12	F12	PHILIPS PAN HEAD SELF-TAPPING SCREW ST3*16	4
51115G00	G	FLEXIBLE TUBE SET	1
51115G01	G1	CYLINDER	1
51115G02	G2	EZFIT LINKING PART	1
51115G03	G3	END CAP	1
51115G04	G4	SPRING	1
51115G05	G5	ALLEN C.K.S HALF THREAD SCREW M8×30×20	1
51115G06	G6	ALLEN C.K.S HALF THREAD SCREW M8×40×20	1
51115G07	G7	FLAT WASHER Φ8	2
51115G08	G8	HEX SELF-LOCKING NUT M8	2
51115H00	H	MOTOR SET	1
51115H01	H1	MOTOR	1
51115H02	H2	MOTOR BRACKET WELDMENT	1
51115H03	H3	SQUARE CUSHION	4
51115H04	H4	MAGNETIC RING	1
51115H05	H5	CABLE CLAMP	1
51115H06	H6	SCREW WELDING	1
51115H07	H7	HEX FULL THREAD SCREW M8×75	1
51115H08	H8	ALLEN SOCKET FULL THREAD SCREW M8×15	6
51115H09	H9	SPRING WASHER Φ8	2
51115H10	H10	FLAT WASHER Φ8	4
51115H11	H11	PHILIPS C.K.S FULL THREAD SCREW M4×10	1
51115I00	I	RUNNING DECK SET	1
51115I01	I1	RUNNING DECK	1
51115I02	I2	RUNNING BELT	1
51115I03	I3	COLUMN CUSHION	6
51115I04	I4	CUSHION(RED)	2
51115I05	I5	PHILIPS COUNTERSUNK HEAD FULL THREAD SCREW M6×30	4
51115I06	I6	PHILIPS C.K.S FULL THREAD SCREW M6×10	4
51115I07	I7	PHILIPS COUNTERSUNK HEAD FULL THREAD SCREW M8×25	2
51115I08	I8	MOTOR COVER	1
51115I09	I9	SIDE RAIL	2
51115I10	I10	CENTRAL PART OF SIDE RAIL	2
51115I11	I11	NON-SLIP GRIP(LEFT)	1
51115I12	I12	NON-SLIP GRIP(RIGHT)	1
51115I13	I13	REAR COVER(LEFT)	1
51115I14	I14	REAR COVER(RIGHT)	1
51115I15	I15	REAR COVER FEET PAD	2
51115I16	I16	PHILIPS C.K.S SELF-TAPPING SCREW ST4*16	4
51115I17	I17	PHILIPS COUNTERSUNK HEAD SELF-TAPPING SCREW ST4*15	10
51115I18	I18	PHILIPS C.K.S SCREW M5*10	4
51115J00	J	INCLINE FRAME SET	1
51115J01	J1	INCLINE FRAME	1
51115J02	J2	METAL PLUG	2
51115J03	J3	SLEEVE Φ26*Φ20*T5.0	2
51115J04	J4	SLEEVE Φ25*Φ18*T3.0	4
51115J05	J5	METAL PLUG	2
51115J06	J6	HEX HALF THREAD SCREW	2
51115J07	J7	FLAT WASHER Φ14	2
51115J08	J8	ALLEN C.K.S HALF THREAD SCREW M10*35*20	2
51115J09	J9	SPRING WASHER Φ8	2
51115J10	J10	HEX SELF-LOCKING NUT M8	2
51115K00	K	SCREW PACK	1
51115K01	K1	SAFETY KEY	1
51115K02	K2	T SHAPE WRENCH	1
51115K03	K3	CROSS WRENCH	1
51115K04	K4	SPRING WASHER Φ8	6
51115K05	K5	ALLEN SOCKET FULL THREAD SCREW M8×15	2
51115K06	K6	PHILIPS C.K.S HALF THREAD SCREW M8×55×20	4
51115K07	K7	FLAT WASHER Φ8	4

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